

Kinky mores of the Mongols'

would have smelled! Ewe its gross. The only exception to this was during festivals and holidays. On festivals and holidays, everyone in the Mongol empire would change into special robes. While you or I will treat their stinky clothes with upturned noses, they saw them as something honorable. It was also connected to their personalities. If the great Genghis Khan gave someone his old, worn out and stinky clothes the person would feel honored, not because the dress belonged to the Emperor but because he received the smell of him with it.

Genghis Khan (aka Chinggis), is the name that incited terror, fear during the Sultani era. He attacked India first during Iltutmish's reign. He invaded India many times thereafter but thanks to Balban and Allaudin Khilji that Genghis was unsuccessful and was defeated.

Genghis was Mongol by race. Mongols were pastoral nomads of the Asian steppe who herded sheep, goats, horses, camels and yoks. They were organized by Ulugh Khan and they were turned warriors under the leadership of Chinggis.

The much Mongols were concerned about invasions, they were least bothered about their personal hygiene.

How long can you stay without taking bath? A day or hardly for 2 days. It is interesting fact or to say disturbing fact that Mongols never bathed. Not only did they refrain themselves from bathing they also did not wash or change their

clothes until it gets torn apart. Now imagine how it



There is a superstition about their minimal use of water. They believed that a dragon controlled water-cycle and therefore contaminating water would result in wrath of the dragon. Washing clothes was prohibited, and washing one's body or hands during the spring or summer was also prohibited out of fear of thunderstorms. However, one of the worst offenses was if a person released their bodily fluids into water body, he received capital punishment. In the event of accidental urination, Mongols were heavily fined and the payment was given to cleanse the offended party's home and possessions and was debarred from entering the dwelling or take anything from it.

Now the question arises is that how they used water to wash their hands, mouths or other body parts? Whenever they need to wash they fill their mouths with water, which they trickle on to their hands and in this way they also wet their hair and wash their hands.

Mongols used to wear long gown like dress known as Caftan. They wore boots made of cow furs and belts. The worst part is that their boots almost always smelled of cow dung. Their diets consisted dairy products and meat from their herds of animals. Not only these they often lived on a diet of mare's milk-or blood, if the mares were not lactating. They drank alcohol but their national drink was blood. Every Mongol used to drink a litre

of blood a day. When they ate their hands were reportedly covered with grease, fat, dirt and meat- all of which they wiped on their clothes, which were also rarely clean. The animal fat smeared on their garments, however, helped protect Mongols from the elements along the steppes of Central Asia. It was common practice for the Mongols to cover their outer clothing in fat and grease to make them water and windproof, if they were to wash their clothes, it would have stripped that protective layer. From these practices it can be easily perceivable how badly they stinked. They stinked so bad that it can be said without exaggeration that itching was their national disease.

There is few more seamy sides of Mongols. Mongols treated Gout in a very unusual way. To treat Gout they were advised to stick their feet in the chest of a dead horse and horses weren't the only option, however, in lieu of a horse, foot of the gout affected person s to stick into a red-haired child's abdomen. Mongols had a servant to suck out blood from arrow-wounds.

Though Mongols didn't understand germ theory or how disease worked they understood contamination and importance of keeping outsiders at bay during the time of illness. If a member of the great household or Ordu falls ill they place guards all round the Ordu fearing an evil spirit or some wind should come with those who enter restricting anyone's entry and call their priests or soothsayers.

Sometimes, in times of extreme food and water shortage, the warriors would even **slay** some of the less hardy horses and drink their **blood** to relieve hunger and thirst.



Mongols believed that choking during meal was omen. If an individual choked on a piece of food and spit it out then that person was mercilessly put to death under the dwelling making a hole and is dragged out by that hole. The reason was twofold. First, he had wasted food and second is he maybe possessed by some sort of demon.



Along with the spread of the empire they started adding bread, noodles and grain based food to their diet as well as exotic spices. Many herbs were collected and used as medicines for diseases, illness and injuries. They believed certain parts of wild animals have potent spirits such as wolves, marmots in ailing. Donkey meat was considered a good remedy for wind and depression while bear paws helped increase one's resistance to cold temperatures.



Such concoctions as powdered tiger bone dissolved in liquor benefits body in sorts. It is still a popular medicinal drink today in parts of East Asia.

